

# Monroe County's Mendon Ponds Park

## Trail Information

### North Meadow Trail

This is a moderate 1.8-mile trail over gently rolling terrain. The North end of this trail passes through meadows of staghorn sumac, dogwood, honeysuckle and forbs, such as Queen Anne's Lace, milkweed, and goldenrod. Keep your eye out for butterfly weed. The South end passes through woods of firs, spruce, pines, hickory, oak, cottonwood, and locust. You might want to take the "Tree Walk" on the side trail by marker #26 (see park office for a brochure). No horseback riding when trail is snow covered.

### Southern Meadow Trail

This trail is an approximately 3-mile easy walk over gently rolling terrain. This trail includes a beautiful woodland walk of quaking aspen, oak, maple, pines and shagbark hickory trees. You will walk through large open meadows with wildflowers, butterflies, and songbirds in the summer. Look for hawks, turkey vultures, and bluebirds. Fox and American Woodcock have been spotted here. Consider a side trip by markers #17 and #15 for views of Quaker Pond. These are good viewing areas for waterfowl.

### East Esker Trail

This is a challenging 4.7-mile trail with numerous hills. You will pass through woods of spruce, pine, black walnut, oak, quaking aspen, maple, shagbark hickory, sassafras and black cherry trees making this a great fall foliage hike. There are also fields with wildflowers; a variety of ferns and several observation points offer magnificent views to the South of hills miles away. During this hike you will be hiking kames and an esker, and pass a kettle hole pond, all glacial formations left behind by the Wisconsin Ice Sheet that left this area 11,000 years ago. At marker #23 you will be on top of a kame and the highest point in the park (820 feet). No horseback riding when trail is snow covered.

### Nature Trails - Bird Song / Swamp Trail

This is a moderately hilly, 2-mile trail. One of the highlights is the Nature Center with its gardens and interpretative displays related to geology, and native plants and animals. In winter chickadees will eat sunflower seeds out of your hand. The Southern end of the trail passes through a swamp with a boardwalk. Look for wildflowers, bayberry, red maple trees, alders and a variety of sedges and rushes. Take time to read the interpretative displays along the trail. You may decide to do a fl mile hike called "the square" instead, which is an easy walk over gently rolling terrain. No pets, horses or cross country skiing allowed.

### West Esker Trail

This is a 1.5-mile moderately hilly trail. Ash, maple, oak, and black cherry trees make this a great fall hike. Woodland wildflowers and a variety of ferns can be seen. Warbler migration in spring can be viewed in this area. Consider a side trip to Hopkins Point to view waterfowl on Hundred-Acre Pond, especially during migrations.

### Devils Bathtub

This trail is an easy 0.67-mile walk with one steep climb and stair and boardwalk sections. The highlights of this trail include several glacial formations: Devil's Bathtub, which is a kettle hole; an esker; and views of kame hills across Deep Pond. Mendon Ponds Park was named to the National Registry of Natural Landmarks to recognize the value and quality of the glacial formations. Ferns and wildflowers in the various seasons line the trail. The sassafras, red maple, and oak trees make this a spectacular fall hike.

### Grasslands Trail

This is an easy 2-mile hike over gently rolling terrain. This trail passes through two fields that are part of the park's habitat restoration project to benefit the habitat for the Eastern Bluebird and grassland birds. This area provides great viewing for butterflies and wildflowers in summer. A border of sassafras trees and staghorn sumac make a beautiful fall backdrop. An observation point offers distant views of the Rochester skyline on a clear day.

### Fern Valley Trail

This is a 1.4-mile easy walk over gently rolling terrain. The upland section is a beautiful woodland walk. The valley section is a hardwood swamp with red maple trees and a variety of ferns for which the trail is named.

### Pine Woods Trail

This is an easy 1-mile walk through a pine woods over gently rolling terrain. This woods demonstrates succession as shrubs and trees such as maple, oak and black cherry are now taking over a former "plantation style" stand of pines.

### Quaker Pond Trail Loop

This is 2.7-mile easy trail over level terrain. Beavers have been active in this area for many years. As you cross the wooden foot bridges over moving water, look around for evidence of felled trees, dams, lodges and even a beaver meadow. There are also three observation points offering great views of the pond and waterfowl viewing, especially during migrations. You will see wildflowers, ferns, sedges, rushes, and an interesting variety of shrubs. No pets or horses allowed.

### Sharon's Sensory Garden

Sharon's Sensory Garden is a unique garden for people with visual or physical disabilities. The sensory garden has over 170 feet of plant exposure designed for visitors to touch, tear, and smell, as well as a waterfall and lily pond. These features highlight color, texture, fragrance and sound. Flowerbeds are raised and pathways through the garden are properly graded for visitors in wheelchairs. Plant listings and labels are in Braille and raised lettering to help educate visitors.

#### If you have rented a Lodge...

Stop at the park office on Douglas Road and pick up the key from the screened porch.

#### If you have rented a Shelter...

A park guard will stop by to check your permit.

**Youth Camping is available by permit only by calling 256-4950.**

#### Mendon Ponds Park Hours and Rules

Mendon Ponds Park is open everyday from 6:00 a.m. until 11:00 p.m. The shelters and lodges are reserved by calling 256-4950 and are available from 10:00 a.m. to 10:45 p.m. daily. Our County Parks are **Carry-In Carry-Out**. Please take all garbage with you to dispose of after you leave. Keg Beer is permitted if stamped on your rental permit. Recreation fields are available on a first come / first serve basis if the fields are not in league use. **Pets must be leashed. Bicycles are not allowed on trails. Horses are not allowed near picnic areas and must be walked on lawn areas. Boating, without gasoline motors, is permitted, except for Quaker Pond. Fishing is permitted according to New York State Department of Environmental Conservation General Angling Regulations.**

Trails are multiple use, unless noted otherwise. Enjoy walking, running, horseback riding and cross-country skiing. Please be aware of seasonal changes in trail conditions and be prepared for natural environment such as mosquitoes and poison ivy in some areas.

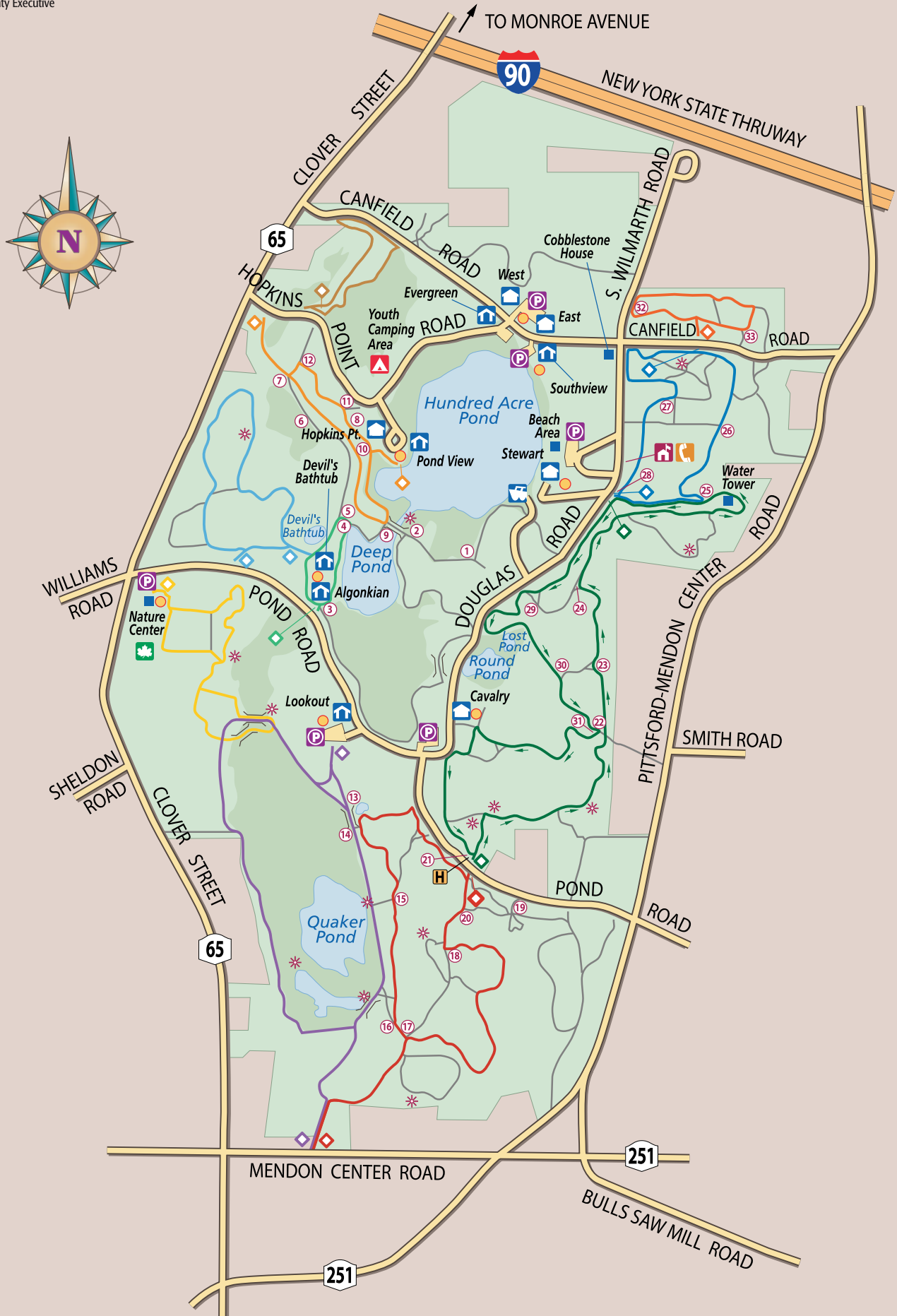
***Mendon Ponds Park is a National Natural Landmark.  
Please respect it by taking nothing but pictures and leaving nothing but footprints.***

Park Staff Assistance 359-1433 or 746-6194  
Information and Reservations 256-4950 • [www.monroecounty.gov](http://www.monroecounty.gov)



Jack Doyle  
County Executive

# MONROE COUNTY'S MENDON PONDS PARK



## LEGEND

- |              |                         |
|--------------|-------------------------|
| Lodge        | Point of Interest       |
| Shelter      | Observation Point       |
| Parking      | Wetlands                |
| Restroom     | Park                    |
| Park Office  | Bridge                  |
| Boat Launch  | Public Phone            |
| Camping Area | Sharon's Sensory Garden |

### TRAILS\*

- |  |                                 |                       |
|--|---------------------------------|-----------------------|
| North Meadow, 1.8 mi.                          | Devil's Bathtub, .67 mi.        | Trailhead             |
| Southern Meadow, 3.0 mi.                       | Grasslands Trail, 2.0 mi.       | Intersection Marker   |
| East Esker, 4.7 mi.                            | Fern Valley, 1.4 mi.            | Horse Trailer Parking |
| Nature Trails, Birdsong & Swamp Trail, 2.0 mi. | Pine Woods, 1.0 mi.             | Directional Skiing    |
| West Esker, 1.5 mi.                            | Quaker Pond Trail Loop, 2.7 mi. | Unnamed Trails        |

\*See reverse for trail use regulations

